

# State of South Carolina

## Governor's Proclamation

**WHEREAS,** good nutrition and physical activity are key components of a healthy lifestyle; and

**WHEREAS,** the type, quality and amount of food that individuals consume each day play a vital role in their overall health and physical fitness; and

**WHEREAS,** continuing nutrition education and wide-scale, population-based efforts help enhance healthy eating and physical activity practices for the residents of South Carolina; and

**WHEREAS,** with events throughout the Palmetto State, including work-site health programs, cooking demonstrations, healthy recipe contests, food taste tests, and educational displays, the 2009 observance of National Nutrition Month provides an opportunity to join together in celebrating the importance of good nutrition.

**NOW, THEREFORE, I,** Mark Sanford, Governor of the Great State of South Carolina, do hereby proclaim March 2009 as

### NUTRITION MONTH

throughout the state and encourage all South Carolinians to recognize the importance of good nutrition to the optimal health and well-being of the people of the Palmetto State.



A handwritten signature in black ink, appearing to read "Mark Sanford".

**MARK SANFORD**  
**GOVERNOR**  
**STATE OF SOUTH CAROLINA**